

Breakout Sessions Schedule

SESSION A

11:15 a.m. – 12:15 p.m.



CEUs* are offered and sponsored by NASW

Room	Session	Speaker(s)
W165	Understanding the Personal Story of Immigrants and the Process of Adaptation	Veronica Corona Barker, LPC, LCDC (Therapy Works)
W167	Hidden Neurological Symptoms: Understanding the Connections Between Environment and Psychological Symptoms in Patients ***En Español***	Dr. Jose 'Pepe' Lopez, Ph.D., LPC-Supervisor, CSC (SMU) and Aaron Gallegos, NP (Ever Flowing Health)
W168	Providing Culturally Sensitive Trauma-Informed Care to Hispanic Students within the Dallas College System	Dalia Blell, MSW, LCSW-S and Socorro Preciado, PhD, LPC-S
W173	Ethics and Differences in Personal Values	Vanessa Valles LCSW-S (A New Start Counseling)
W174	A Bowen Family Systems Theory Perspective of the Latinx/e Marital Relationship: Exploring Marital Fusion	Federico Mendez, LMFT (Intimacy Counseling & Consulting)
W175	Gestalt Therapy and the Hispanic Community: More Than the Empty Chair!	Elizabeth Cruz, LCSW
W176	Benefits of Laughter & So Much More!	Rosa Linda Cruz, LPC, CSC, CLYL & M.Ed. (Counseling & Wellness Services, Inc.)
W177	First Generation Americans & Mental Health	Zamanda Martinez, LPC (Mending Clinic)
W178	Immigration Law Panel Discussion	Moderator - Cristal Retana Attorneys - Tawsif Chowdhury, Maria Bravo-Escoto, Oscar Escoto, and Sovmya George
W179	Healthy Parenting Practices Within the Scope of Latinx Culture	Elizabeth Palafox, LMSW (Cannenta Center)
W181	Intergenerational and Transgenerational Trauma in the Hispanic Community	Ana Marcela Rodriguez, LMFT, & Diana Beltran, LCSW (Therapy Works)

Breakout Sessions Schedule

SESSION B

1:30 – 2:30 p.m.



CEUs* are offered and sponsored by NASW
National Association of Social Workers
TEXAS CHAPTER

Room	Session	Speaker(s)
W165	Hidden Neurological Symptoms: Understanding the Connections Between Environment and Psychological Symptoms in Patients	Dr. Jose 'Pepe' Lopez, Ph.D., LPC-Supervisor, CSC (SMU) and Aaron Gallegos, NP (Ever Flowing Health)
W167	Journey of Hope: Considerations and Interventions when Working with Latinx Immigrant Families (Momentous Institute)	Alina Ramirez, Ph.D., LCSW-S, and Diana Rodriguez, M.A., NCC, LPC
W168	Decolonizing Social Work: The Systemic Oppressive Practice of Unpaid Work in the Social Work Profession	Nury Marquez, LCSW-S (Papalotl Therapy)
W173	Dallas ISD's Cross-Departmental Approach to TBRI	Dr. Annmarie Perez, Psy.D., L.P., Lindsey M. Hernandez, MS, NCC, LPC, CSC
W174	Third Culture Kids: How to Serve Those Who Have Been Raised in Many Countries	Jeffrey Proctor, LPC, & Rebekah Proctor, Life Coach (Peace and Harmony Counseling)
W175	Salud Mental Perinatal en la Comunidad Hispana (Perinatal Mental Health in the Hispanic Community) ***En Español***	Merenid Planell Camacho
W176	Compartiendo Esperanza: Mental Wellness in the Latinx Community ***En Español***	Tiffany Gomez and Rebecca Henriquez (NAMI North Texas)
W177	Cultivating the Capacity to Cope: How to Take Care of Yourself	Natasha Richardson, LPC
W178	Mental Health and Substance Use in Teens	Angel Mendoza, MA, LPC, LCDC (Children's Health)
W179	Healing and Growth for Latinx Clients: Culturally Considerate Interventions	Jacqueline Gutierrez, MS, LPC, NCC, and Jessica Sanchez, LPC-A (Ellie Mental Health)
W181	La Pieza Que Falta: How Gender Roles and Cultural Norms Impacted How Latinas Learn about Sex	Toni Gallegos (UT-Arlington Ph.D. Candidate)



Breakout Sessions Schedule

SESSION C

2:45 – 3:45 p.m.



CEUs* are offered and sponsored by NASW

Room	Session	Speaker(s)
W165	First Generation Americans & Mental Health: Understanding your First Gen Clients	Zamanda Martinez, LPC (Mending Clinic)
W167	Exploring the Impact of Double Consciousness on Mental Health: The Unique Challenges Faced by Afro-Latinas	Litza Christina Bodden, LPC, and Karen C. Gidding, LPC (Shining Lights, LLC)
W168	Craft Workshop: Transform Your Life with Positive Self-Talk	Ursula Rodriguez (Soleil Vida Studio)
W173	Men do Therapy	René Garcia, LPC, LMFT, LCDC (Garcia Mental Health)
W174	Play Therapy Techniques with the Latino Community	Norma Garcia, LCSW-S, and Amanda Montero, MSW (Centro de Consejería Familiar)
W175	Benefits of Laughter & So Much More!	Rosa Linda Cruz, LPC, CSC, CLYL & M.Ed. (Counseling & Wellness Services, Inc.)
W176	Playing in The Sand is Not Just for Kids: Use of Sand Tray for Managing Stress and Emotions	Brenda Zavala, LCSW, and Tiffany Gomez, MSW Intern (Cannenta Center)
W179	LGBTQ+ within the Hispanic Community	Dr. Enny Torres, PsyD, LP, Psychologist (Intuitive Pathway Psychological Services)
W181	Intergenerational Trauma and Holistic Ways of Healing: Going Back to Our Roots	Erica Sandoval, LCSW (Sandoval Colab), Rosita Marinez, MS-NLP, ADV-CSW, Elizabeth Conde, LCSW, Elizabeth Amadiz, MSW Intern



Breakout Sessions (alphabetical order)



CEUs* are offered and sponsored by NASW
National Association of Social Workers
TEXAS CHAPTER

A Bowen Family Systems Theory Perspective of the Latinx/e Marital Relationship: Exploring Marital Fusion



Federico Mendez, LMFT (Intimacy Counseling and Consulting)

Bowen Family Systems Theory (BFST) is a theoretical framework that provides an explanation of human functioning. This framework can help clinicians assess and treat relationship systems. While considering Hispanic/Latinx/e ethnic and cultural backgrounds, clinicians can incorporate BFST to inform their clinical approaches to address the concept of the family emotional process. Marital Fusion is a sub-concept in the family emotional process that can be explored within the Hispanic/Latinx/e clients that present for relationship therapy. This workshop will inform clinicians about the BFST framework to better illustrate a cohesive clinical approach grounded in scientific inquiry of the human emotional evolutionary process. This workshop will further offer explorations and clinical implications of BFST when working with Hispanic/Latinx/e relationships to identify, assess, and deconstruct the marital fusion concept that results in relationship systems.

Objectives:

- To identify the Bowen Family Systems Theory concepts applicable in the relationship system when addressing relational issues
- To evaluate what the implication of marital fusion has on the relationship system
- To discuss clinical applications using Bowen Family Systems Theory to address marital fusion in Hispanic/Latinx/e relationships

Benefits of Laughter & So Much More!



Rosa Linda Cruz, LPC, CSC, CLYL & M.Ed.

The Benefits of Laughter emphasizes the positive effects on incorporating joy in our lives. The history, research and techniques are shared with participants to implement on a daily basis. The interactive laughter exercises allow everyone to directly engage in the beneficial aspects of this program. The research based process implements a professional and personal wellness approach in all settings for all ages.

Objectives:

- Participants will learn the history and research of laughter
- Participants will learn laughter exercises
- Participants will engage in techniques to incorporate in personal and professional life

Breakout Sessions (alphabetical order)



CEUs* are offered and sponsored by 

Compartiendo Esperanza: Mental Wellness in the Latinx Community



Tiffany Gomez (NAMI North Texas)

Rebeca Henriquez (NAMI North Texas)

Compartiendo Esperanza is a three-part video series that explores the journey of mental wellness in Hispanic/Latinx communities through dialogue, storytelling and a guided discussion on the following topics: Youth and Mental Wellness: "Sanando Juntos"/"Healing Together" Community Leaders and Mental Wellness: "Las Raíces de Nuestra Sanación"/"The Roots of Our Healing" Latinx Families and Mental Wellness: "La Mesa"/"The Table".

Objectives:

- Exploring the journey of mental wellness
- Providing education or awareness of mental health in the Hispanic/Latinx communities
- Coming together through personal experiences and storytelling to demonstrate that we are not alone.

Craft Workshop: Transform Your Life with Positive Self-Talk



Ursula Rodriguez (Soleil Vida Studio)

Soleil Vida Studio will host a craft workshop to promote the healing power of creativity. Ursula Rodriguez, founder of Soleil Vida Studio, will share a bit of her story and then educate the attendees on the benefits of mirror talk. All supplies will be provided to decorate a 8" mirror with tassels, poms and affirmation quote decals.

Objectives:

- The healing power of creativity
- What is mirror talk?
- Benefits of positive self-talk

Cultivating the Capacity to Cope: How to Take Care of Yourself



Natasha Richardson, LPC

This presentation will provide the participants the opportunity to relax and reflect while strengthening their individual coping skills as a practitioner and promoting coping skills to the community they support.

Objectives:

- Expand awareness of what it means to cope and how to create a toolkit of coping strategies.
- Increase self-efficacy in personally utilizing coping skills.
- Practice reflecting intentionally through journaling.

Dallas ISD's Cross Departmental Approach to Trust-Based Relational Intervention (TBRI)



Dr. Annmarie Perez (DISD)

Lindsey M. Hernandez, MS.,NCC, LPC (DISD)

Trust-Based Relational Intervention (TBRI) is an evidenced based and holistic approach that was developed by the Karen Purvis Institute at TCU. This approach factors in a child's development, is attachment informed, and is trauma responsive. TBRI has been used by schools, courts, juvenile justice facilities, foster care, as well as by mental health clinicians. Implementation of TBRI by can lead to a complete paradigm shift and transformation of an organization.

Objectives:

- Participants will learn about trauma and how it may present in the classroom setting.
- Participants will learn about the principles of TBRI.
- Participants will learn about how TBRI can benefit campuses.

Breakout Sessions (alphabetical order)



Sponsored by: DALLAS COLLEGE MOUNTAIN VIEW



CEUs* are offered and sponsored by

Decolonizing Social Work: The systemic oppressive practice of unpaid work in the Social Work Profession



Nury Márquez, LCSW-S

This presentation will address and “call out” the oppressive practice of unpaid work in the social work profession by offering a deeper look into the conditions that impact our intersecting identities as social work professionals. The presentation is rooted in the practice of decolonizing social work, and the core value of social justice and advocacy.

Objectives:

- Identify and define the oppressive practice of unpaid work in the social work profession.
- Examine specific challenges faced by minority social workers in the profession.
- Identify practical strategies to support change in the systematically oppressive practice of unpaid work in the social work profession.
- Benefits of changing practice of unpaid work in the social work profession.

Ethics and Differences in Personal Values



**Vanessa Valles, LCSW-S
(A New Start Counseling)**

We will discuss common ethical dilemmas and ways to manage personal values while working in the profession of social work.

Objectives:

- Identify common ethical dilemmas.
- Learn to identify personal values
- Learn to manage counter transference in work

Exploring the Impact of Double Consciousness on Mental Health: The Unique Challenges Faced by Afro-Latinas



**Litza Christina Bodden
(Shining Lights, LLC)**



Karen C. Giddings

This presentation will explore the concept of

double consciousness as it relates to Afro-Latinas, mental health, and discrimination. We will examine the unique challenges faced by Afro-Latinas in navigating multiple identities and cultural expectations, while also dealing with the discrimination and stigma that come with being both Black and Latinx. Finally, we will highlight the importance of creating inclusive and culturally sensitive mental health resources and support systems for Afro-Latinas. This can include efforts to address and dismantle systemic racism and discrimination, as well as initiatives to increase representation and visibility of Afro-Latinas in mental health advocacy and leadership roles.

Objectives:

- Identify the concept of double consciousness and its unique application to Afro-Latinas, including the challenges of navigating multiple identities and cultural expectations in the face of discrimination and stigma.
- Understand the impact of double consciousness on mental health, including the increased risk of isolation, low self-esteem, depression, and the experience of microaggressions and discrimination from both Black and Latinx communities.
- Recognize the importance of creating culturally sensitive mental health resources and support systems for Afro-Latinas, including efforts to address and dismantle systemic racism and discrimination and initiatives to increase representation and visibility of Afro-Latinas in mental health advocacy and leadership roles.

Breakout Sessions

(alphabetical order)



CEUs* are offered and sponsored by



First Generation Americans & Mental Health



Zamanda Martínez, LPC Associate (Mending Clinic)

First Generation Americans face unique challenges balancing family of origin and their country's values. We will discuss some common traits of a first gen individual and how the Maslow's Hierarchy of needs relates to the issues many may face at home with their parents while navigating college, professional careers or entrepreneurship. I will also touch on Barry's Model of Acculturation and help the audience understand the healthiest strategy is integration. I will also show a YouTube clip of Selenia's experience with bicultural straddling before defining it to the audience. I will end by helping the audience find a way to show themselves self-compassion, understanding of themselves and their families. Conclude with helping audience recognize that they are more than a root system, all though the root system is so important, part of the journey towards long term health is helping the audience look beyond their cultural identity in themselves.

Objectives:

- Learning how being a first generation American navigating two different cultures can significantly increase the risk of mental health issues such as anxiety, depression, imposter syndrome and self-doubt.
- Understanding how balancing family of origin and distinguishing your own values based on the experiences from the American Culture and how it can at times create an internal conflict when it does not align with the culture of their family. (using Maslow's Hierarchy of Needs)
- Learn how to find your own voice, set boundaries, and shift core beliefs about situation to improve mental health.

Gestalt Therapy and the Hispanic Community: More Than The Empty Chair!



Elizabeth Cruz, LCSW

This workshop on Gestalt therapy will introduce participants to the basic principles and concepts of Gestalt Therapy, focusing on their application in the Latine/x community. Learners will gain insights into the unique ways Gestalt Therapy can be utilized to address the specific needs and challenges faced by individuals within this community. Moreover, the session will explore the various benefits of employing Gestalt Therapy techniques, fostering personal awareness, self-expression, and stronger interpersonal relationships among members of the Latine/x community. The workshop promises to offer valuable information and practical tools for enhancing therapeutic practices and promoting overall well-being within this cultural context.

Objectives

- Participants will be introduced to the basic principles and concepts of Gestalt therapy.
- Participants will explore what it means to increase their personal awareness and self-expression and to be more present in their sessions.
- Participants will understand how grounding themselves in Gestalt theory will increase their ability to communicate effectively and increase their relationship skills.

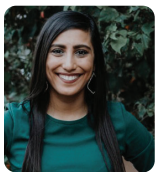
Breakout Sessions

(alphabetical order)



CEUs* are offered and sponsored by NASW
National Association of Social Workers
TEXAS CHAPTER

Healing and Growth for Latinx Clients: Culturally Considerate Interventions



Jacqueline Gutierrez
(Ellie Mental Health)

Jessica Sanchez
(Ellie Mental Health)

Therapy in the Latinx community is still largely stigmatized and seen as taboo. Latinx clients who choose to seek therapy are simultaneously grappling with unlearning cultural norms and stereotypes that are engrained in them. Keeping this in mind, a counselor's cultural consideration must go beyond how they establish and build rapport with Latinx clients. This presentation will tackle how to modify common therapeutic interventions and approaches to better service Latinx clients and facilitate a greater healing.

Objectives:

- Calmness and self-regulation through mindfulness
- Stress management through art
- Healing through establishing autonomy and boundary setting.

Healthy Parenting Practices Within the Scope of Latinx Culture



Elizabeth Palafox, LMSW
(Cannenta Center)

According to the National Research Center on Hispanic Children and Families, many standardized parenting programs in the United States are not always adapted to fit the needs of multicultural families. While these programs are valuable in educating parents about child development, healthy attachment, and evidence-based parent-child exercises, they can miss the mark on cultural competency. In Healthy Parenting Practices Within the Scope of Latinx Culture,

community members will gain insight on how to better support Latinx parents and caregivers within the scope of the Latinx culture and its values. This session will cover the social and historical context influencing common child-rearing practices in Latinx families as well as discuss the importance of decolonizing from certain practices. In addition, the workshop will explore how Latinx families are more than their hardships by acknowledging and drawing from the family unit's existing strengths in order to build on competencies in parenting. Interactive activities will be used to practice emotional regulation and teach the importance of co-regulation in parenting. Finally, nothing is possible without confianza, and this presentation will teach how providers can cultivate trust through a collaborative approach with families.

Objectives:

- Gain a deeper understanding about the social and historical factors that influence parenting and childrearing in the Latinx culture such as gender roles, religion, comparison/scarcity mindset, colonialism, immigration, and biculturalism; while working towards decolonization.
- Acknowledge the strengths and expertise found in Latinx family systems (mama, papa, abuelo/a, tío/a, padrinos, etc.) and encourage them to use these faculties to build further competencies associated with healthy parenting practices.
- Practice emotional regulation through Body Map exercise and discuss the value of co-regulation between parents and children in order to create harmony and practice family problem-solving.
- Learn to engage with families from a collaborative approach in order to build confianza or trust in the connection between providers and Latinx parents, caregivers, and family systems.

Breakout Sessions

(alphabetical order)



CEUs* are offered and sponsored by NASW
National Association of Social Workers
TEXAS CHAPTER

Hidden Neurological Symptoms: Understanding the Connections Between Environment and Psychological Symptoms in Patients



Jose Lopez (SMU)

Aaron Gallegos (Ever Flowing Health)

The presentation will cover both the medical and the mental health aspects of hidden environmental factors that can lead to neurological symptoms. Many times these environmental factors are not considered in the assessment phase of the client and by ignoring environmental factors client may continue to experience symptoms or not make the appropriate treatment progress. The presentation goal is to shed light into the environmental factors and why it is important to consider the factors when doing a holistic assessment.

Objectives:

- To inform about the prevalence of environmental toxins and why they should be taken into account.
- To define and explain these environmental toxins for further understanding.
- To interconnect the environmental factors and neurological factors in individuals in order to address the interconnection.

Immigration Law Panel Discussion



Sovmya George (Law Office of Sovmya George)

Tawsif Chowdhury (Chowdhury Law Firm)



Maria Bravo-Escoto (Escoto Law Firm)

Oscar Escoto (Escoto Law Firm)



Moderated by Cristal Retana

In this informative session, four distinguished immigration attorneys will delve into the various pathways to citizenship for individuals aspiring to become US citizens. The session will offer a comprehensive overview of the processes involved in obtaining different visas and will provide attendees with valuable insights into the journey toward US citizenship. Participants will have the opportunity to ask questions and seek clarifications from the experts, making it an excellent resource for those navigating the complex world of immigration and citizenship. Whether you're just starting your citizenship journey or seeking further information, this session promises to be a valuable and empowering experience.

Breakout Sessions


(alphabetical order)

Cannetta Foundation presents:

THE Hispanic MENTAL HEALTH CONFERENCE 2023

Sponsored by:  DALLAS COLLEGE MOUNTAIN VIEW



CEUs* are offered and sponsored by  NASW
National Association of Social Workers
TEXAS CHAPTER

Intergenerational and Transgenerational Trauma in the Hispanic Community



Ana Marcela Rodriguez, MS, LMFT (Therapy Works)

Diana Beltran, MSW, LCSW, PCIT, CPT (Therapy Works)

The Hispanic community has a rich cultural history that often gets overshadowed by the trauma experienced by its members. Intergenerational and transgenerational trauma, the process of passing down trauma from one generation to another, is prevalent in the Hispanic community. This is particularly true for issues such as domestic violence, machismo, and marianismo. The purpose of this presentation is to explore intergenerational and transgenerational trauma in the Hispanic community, with a focus on how it is passed down from one generation to the next, the impact it has on individuals, families, and communities, and therapeutic interventions that can help clients overcome the effects of this trauma.

Objectives:

- Gain knowledge about intergenerational and transgenerational trauma
- The impact it has on individuals, families, and children
- Learn interventions to break cycles of trauma

Intergenerational Trauma and Holistic Ways of Healing: Going Back to our Roots



Erica Sandoval, LCSW (Sandoval Colab)

Budy Whitfield, LCSW



Rosita Marinez, MS-NPL, ADV-CSW, MSW

Elizabeth Conde, LCSW



Elizabeth Amadiz, MSW (Intern)

Drawing on the wisdom of the *Latinx/e in Social Work* collective and the combined decades of experience we have as professional healers, we will initiate a discussion around the unified idea of wellbeing in our community, especially from a decolonial perspective. The intersection of our latinidad and social work training makes us acutely aware of how the mental health field devalues non-western healing practices and the harm this perpetuates. Participants will learn about las heridas intergeneracionales (our intergenerational wounds), decolonizing healing, and connecting with the ancestral wisdom that colonialism has tried to destroy.

Objectives:

- We will discuss our las heridas intergeneracionales (our intergenerational wounds) – the ways trauma shows up in our bodies and gets passed on to our families and communities.
- The indigenous and holistic methods of healing we will discuss include group work, plant medicine, connection with nature, energy work, meditation, movement, song, chants, rituals, breathwork, prayer, and cleansing practices like palo santo.
- We will discuss how connecting with our ancestral wisdom is key to authentic healing and what our ancestors can teach us about building a more beautiful future for our communities.

Breakout Sessions

(alphabetical order)



CEUs* are offered and sponsored by NASW
National Association of Social Workers
TEXAS CHAPTER

Journey of Hope: Considerations and Interventions when working with Latinx immigrant families.



Alina Ramirez
(Momentous Institute)

Diana Rodriguez
(Momentous Institute)

Searching for work, joining family members, seeking refuge from humanitarian crises ... No matter what the reason, the process of immigration is complicated and particularly true for those who make the journey without documentation. Immigrants are part of our national fabric. They bring energy and skills that benefit all of us. In Texas, one in six residents is an immigrant, while another one in six residents is a native-born US Citizen with at least one immigrant parent (American Immigration Council, 2020). Additionally, Texas has a long history of immigration from Latin American countries. This workshop will focus on the considerations for working with Latinx families who have immigrated, including the charge to examine one's own cultural identity and values. Presenters will provide an overview of the contextual factors surrounding immigration, the mental health implications, and tools for working with children and families.

Objectives:

- Participants will identify factors impacting the mental health of Latinx children and families throughout their pre-migration, migration, and post-migration experiences.
- Participants will increase knowledge of the various considerations including cultural macro-systems surrounding the Latinx immigrant experience in the United States.
- Participants will learn tools and interventions appropriate for working with families who present with concerns impacted by the immigration process and will understand the importance of self-reflection in this work.

La Pieza Que Falta: How Gender Roles and Cultural Norms Impacted how Latinas Learn about Sex



Toni Gallegos (UTA Ph.D. Candidate)

The purpose of the study was to increase knowledge around what Latinas learned about sex growing up. It was used to create foundational work for future research with this population. More importantly it is a means for members of the community to speak about their lived experiences surrounding sex education, gender roles, and growing up in their households.

Objectives:

- Sex education
- Generational silence
- How we move forward

Men Do Therapy



René Garcia (Garcia Mental Health)

"Men Do Therapy" focuses on how to better serve male clients who traditionally have not sought out mental health services in the past.

Objectives:

- Challenge personal views on how clinicians serve Male clients.
- Improve assessment/admission materials as well as treatment plans.
- Provide a space to gain insight into current trends of Masculinity.

Breakout Sessions

(alphabetical order)



CEUs* are offered and sponsored by NASW
National Association of Social Workers
TEXAS CHAPTER

Mental Health and Substance Use in Teens



Angel Mendoza (Children's Health)

The presentation will discuss mental health and substance use concerns that are currently prevalent in adolescents. I will discuss common mental health diagnoses and their symptoms as well as drugs that are trending in the adolescent community and what to look out for if you think a teen may be using drugs or alcohol. I will discuss appropriate resources and levels of care and also how to seek treatment for a teen that may be struggling with either mental health or substance use, whether or not the teen has insurance coverage.

Objectives:

- Define common mental health disorders that are diagnosed in teens and how substance use can negatively impact mental health.
- Discuss drugs that are commonly abused by teens and how they can be harmful to a developing adolescent.
- Gain knowledge of community resources available to treat teens that are struggling with either mental health or substance use concerns.

Play Therapy Techniques with the Latino Community



Norma Garcia, LCSW

Amanda Ruiz Montero, MSW (Centro de Consejeria Familiar)

This presentation explores play therapy techniques specifically tailored for the Latino community, taking into consideration their cultural background, values, and beliefs. Play therapy is an effective intervention for children, allowing them to express their thoughts, emotions, and experiences through play. However, to ensure its efficacy, it is essential to employ culturally sensitive approaches that resonate with the unique needs and cultural identity of Latino children. This

presentation highlights key strategies such as a bilingual approach, incorporating cultural symbols and toys, involving the family unit, encouraging art and expressive therapies in a culturally appropriate manner.

Objectives:

- Understand the importance of cultural sensitivity when providing play therapy to children from the Latino community.
- Explore strategies for creating a bilingual play therapy environment to ensure effective communication and cultural comfort for Latino children.
- Recognize the significance of familial involvement and collaboration in play therapy with the Latino community and identify ways to engage and support family members.

Playing in The Sand is Not Just For Kids: Use of Sandtray for Managing Stress and Emotions



Brenda Zavala, LCSW (Cannenta Center)

Tiffany Gomez, MSW Intern (Cannenta Center)

We will introduce adults to the therapeutic benefits of sand play as a powerful tool for managing stress, processing emotions, and fostering personal growth. This interactive workshop will provide participants with practical insights and techniques for incorporating sand tray therapy into their self-care routines and therapeutic practices.

Objectives:

- Educate participants on the therapeutic principles and benefits of sand tray therapy for adults.
- Demonstrate various sand tray techniques that help manage stress, process emotions, and facilitate personal insight.
- Guide participants in understanding their inner world through the process of sand play.

Breakout Sessions (alphabetical order)



CEUs* are offered and sponsored by NASW National Association of Social Workers TEXAS CHAPTER

Practicing with the LGBTQ+ Community



Dr. Enny Torres

This presentation aims to provide a robust introduction to practicing with the LGBTQ+ community. The presentation first covers some introductory terminology along with relevant statistics on how people in the LGBTQ+ community are being harmed in both the US and in Mexico. The presentation then helps explore a progression of the idea of gender and how it has developed into more of a spectrum. After exploring gender, sexuality will also be discussed. Finally, the presentation will cover helpful language to use with LGBTQ+ individuals, gender neutral language in Spanish, and additional clinical considerations when working with the LGBTQ+ Community.

Objectives

- Increase awareness on statistics showing how much harm the LGBTQ+ community is under in both the United States and Mexico.
- Become more familiar with relevant terminology when working with the LGBTQ+ community, including gender neutral language in Spanish.
- Gain a greater understanding on gender and what it means for gender to be spectrum.

Providing Culturally Sensitive Trauma-Informed Care to Hispanic Students within the College System



Dalia Blell, MSW, LCSW-S (Dallas College)

Socorro Preciado, PhD, LPC-S (Dallas College)

Lipson et al. (2022) found that students of color were less likely than white students to access therapy. Furthermore, 56% of Hispanic young adults (18-25% y.o.) with serious mental health (SMI) received no treatment (SAMHSA, 2018, p. 41). Making counseling services accessible to college students can help students with issues such as anxiety and trauma

while dealing with academic demands. At a time when so many students are feeling challenged, a more holistic and equity minded approach is needed to support student success. Adopting a trauma-informed approach on a college campus is no longer an option but a necessity (Paterson, 2019).

Objectives:

- What is trauma, type of traumas, the prevalence of trauma, and its impact on development and educational attainment in higher educational setting.
- Cultural considerations and trauma.
- Trauma-informed practice and strategies and how they can be implemented in your role within the college setting.

Salud Mental Perinatal en la Comunidad Hispana (Perinatal Mental Health in the Hispanic Community)



Marenid Planell Camacho

“Salud Mental Perinatal en la comunidad hispana” is a presentation specifically tailored to address the unique challenges and needs of perinatal mental health within

the Hispanic community. The presentation will explore the cultural factors, societal pressures, and specific barriers that can impact perinatal mental health in the Hispanic community. It will discuss the importance of culturally competent care, including the need for bilingual resources, community support, and destigmatization of mental health issues.

Objectives:

- Understand the unique challenges and cultural factors that impact perinatal mental health in the Hispanic community.
- Identify common perinatal mental health disorders, and recognize their symptoms, risk factors, and potential consequences.
- Gain knowledge of culturally sensitive approaches and strategies to support perinatal mental health in the Hispanic community.

Breakout Sessions

(alphabetical order)



CEUs* are offered and sponsored by



Third Culture Kids: How to Serve Those Who Have Been Raised in Many Countries



Jeffrey Proctor

Rebekah Proctor (Peace and Harmony Counseling)

As the world continues to become interconnected, more and more parents find themselves raising children outside of their passport/home country. This causes children to grow up in a blended identity of more than one culture. Left unprocessed, it can lead to isolation and high levels depression. Often parents don't have the tools to process growing up with this blended, multicultural identity. This presentation will help you better understand this type of upbringing, and the grief and loss that comes along with it.

Objectives:

- Define Third Culture Kids
- Understand the grief and loss that Third Culture Kids typically experience
- Gain some tools to help TCKs process their grief

Understanding the Personal Story of Immigrants and the Process of Adaptation



Veronica Corona Barker, LPC, LCDC (Therapy Works)

Create consciousness and awareness of the effects of relocating from your birthplace. Understanding what we experience in our place of birth, our process of immigrating and starting in a new area has an impact on our mental health.

Objectives:

- Participants will understand the impact and points of trauma associated with relocating from their home country.
- Participants will identify how relocating to a new country can impact mental health and gain an understanding of grief and the magnification of issues associated with immigration.
- Participants will learn skills to best serve and empower immigrant populations.